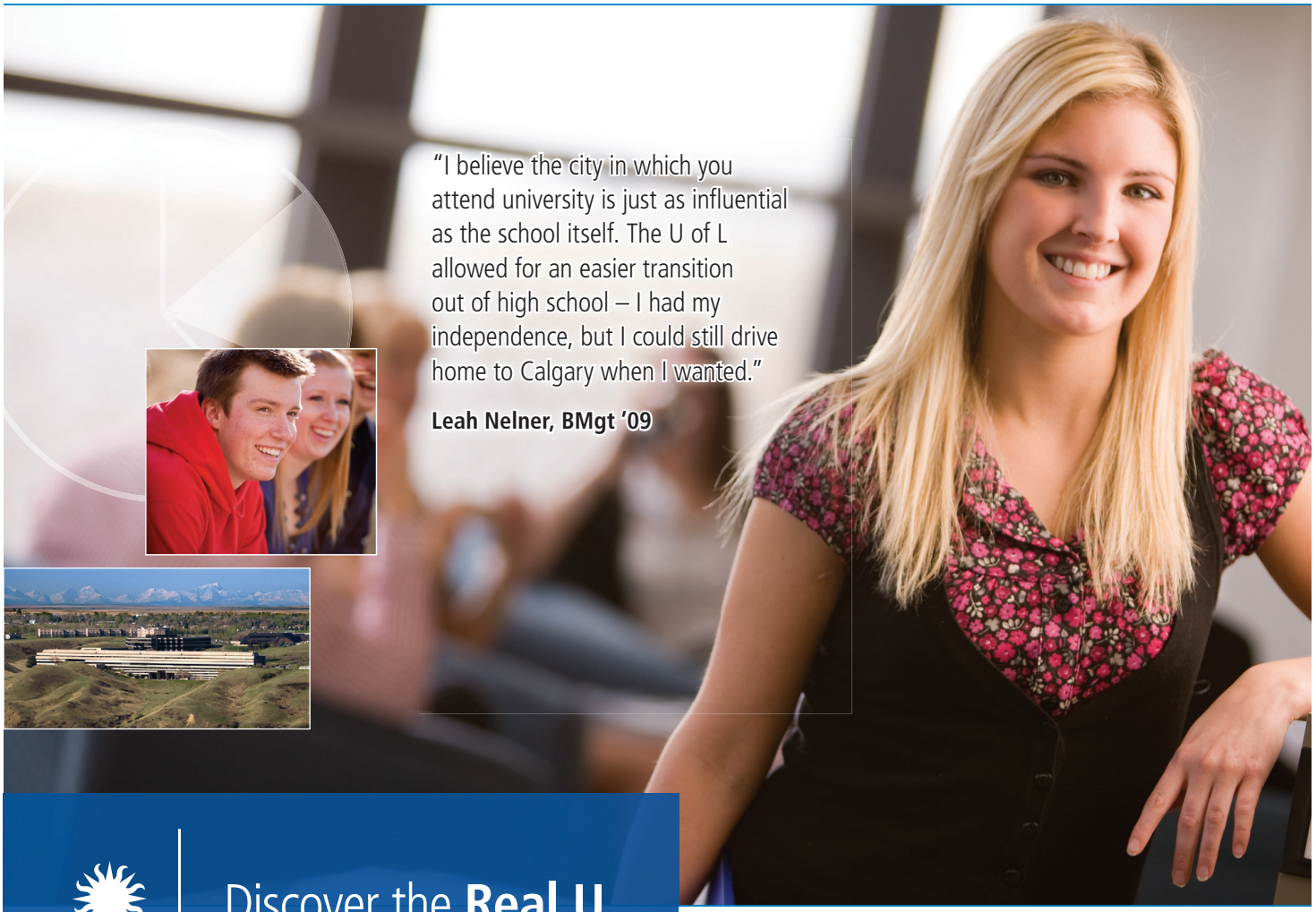
The world's largest global newspaper
metro®
CALGARY • TUESDAY OCTOBER 20 2009 metronews.ca



Discover the **Real U**

Head south.

With more than 150 programs to choose from, there are many opportunities to discover your passion and your voice at the University of Lethbridge.

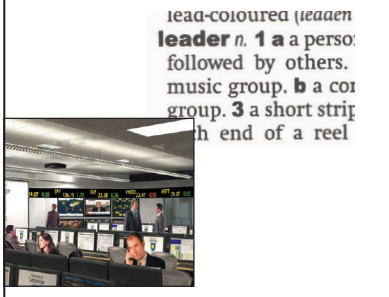
Apply by December 15 to be eligible for Board of Governors' Admission and Relocation scholarships, each worth up to $1,000.

DISCOVERtheRealU.ca

University of Lethbridge
FIAT LUX

Discover your **future**

The Bachelor of Management degree is offered on the U of L's campuses in Lethbridge, Calgary and Edmonton.



If there is one thing that's certain, it's that we live in uncertain times. In today's global economy, who will manage change? Plan the future of organizations? Who will make a difference?

The Faculty of Management at the University of Lethbridge will prepare you to manage the challenges of both today and tomorrow.

At the U of L, you can choose from career paths in domestic and international business, government and non-profit organizations.

In 2010, the University will open Markin Hall, a new facility for management students. When complete, the U of L will be the only university in western Canada to have a finance trading room – a space that will provide you with opportunities to use exchange data feeds and real-time market information.

As a U of L management student, you will integrate theory and real-life practice. You'll develop sophisticated communication, critical thinking and analytic skills. You'll learn how to succeed in any organization and manage responsibly in a global environment.

And when you graduate, you will be prepared for management-level work; you will have the confidence to be a leader.

The future depends on the next generation.

The future depends on you.

"The Integrated Management Experience program at the U of L is a unique and challenging program that gives you a wealth of practical experience and prepares you well for your career." **Kevin Joseph, BMgt '09**

University of Lethbridge

FIAT LUX

To apply, visit: **DISCOVER*the*RealU.ca**

NOVEMBER 7, 2009

OPEN HOUSE

Is the **U of L right for you?**

We think so. Come discover why.

- Get a tour of campus from a current student
- Have your admission questions answered
- Find out where a U of L degree can take you
- Meet U of L professors and students
- Learn about international exchanges and co-op opportunities
- Take in a Pronghorns game or a theatre performance

All this and more. To learn more, visit:

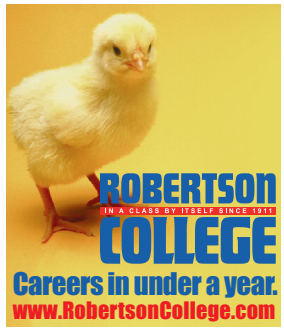
> **DISCOVER.ulethbridge.ca/OpenHouse**

Students who apply for admission to the University of Lethbridge at the Open House will automatically be eligible for a $1,500 tuition credit!

PRISON-SENTENCE BILL MAY COST MILLIONS, PG 4

Canadian Legal Resource Centre Inc.
CALL NOW! Mon-Sat Daytime & Evening Appointments
403.229.2774 FREE CONSULTATION
UNCONTESTED DIVORCES
Legal Separation Agreements
Spousal Land Transfers
www.canadianlegal.org
CRIMINAL RECORD?
Canadian Pardons
US Travel Waivers
Fingerprinting
21+ years experience
Voted #1 Paralegal
Why pay more?

The world's largest global newspaper
metro®
CALGARY • TUESDAY, OCTOBER 20, 2009 metronews.ca


ROBERTSON COLLEGE
IN A CLASS BY ITSELF SINCE 1911
Careers in under a year.
www.RobertsonCollege.com

Ponzi case held over to December

CRIME Two men accused of creating a Ponzi scheme that allegedly defrauded investors around the world of millions of dollars won't be back in a Calgary court until Dec. 14.

The case was put over yesterday because lawyers for the two still need to be found.

Gary Sorenson and Milowe Brost are both charged with fraud and theft over $5,000 in a pyramid scheme. Neither appeared in court.

Police allege thousands of investors in Canada, the United States and overseas were swindled between 1999 and December 2008.

Investigators say the amount of money lost could be close to $400 million. **THE CANADIAN PRESS**

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2

SmallBusiness

Metro's series on Small Business Week will explore current issues affecting small businesses as well as profile successful small business owners. See page 6 for more.

ShareYourViews
calgaryletters@metronews.ca

On the web
Visit metronews.ca for news updates

Fashion **Sunny Fong**

KEITH BEATY/TORSTAR NEWS SERVICE

A model wears a creation by designer Sunny Fong during the opening show of Toronto Fashion Week yesterday.

Desire for riding premature: MLA

New Wildrose leader eyeing North Hill seat

DARREN KRAUSE
darren.krause@metronews.ca

While newly elected Wildrose Alliance Leader Danielle Smith may fix her crosshairs upon the Calgary North Hill riding, the sitting MLA for the area thinks she could be off target.

Calgary North Hill MLA Kyle Fawcett said Smith's desire to represent her home riding could be premature. Fawcett said another general election isn't likely for up to three years.

"There's a lot of water to go under the bridge before we come to that," Fawcett said, adding he believes mounting pressure to win a byelection legislative seat immediately would be higher priority.

"I'm not sure Albertans would be too happy with what she calls a 'government-in-waiting' party whose leader is reluctant to take an opportunity to sit in the legislature."

"There's a lot of water to go under the bridge before we come to (a general election)."
Kyle Fawcett, North Hill MLA

Smith, who met with Calgary media yesterday for the first time since being elected leader, said she hopes to run in the next election in the Calgary riding where she lives, but would consider seeking a seat elsewhere if there were an earlier byelection.

Smith won the Wildrose leadership on the weekend and is taking the helm at a time when polls suggest the party is surging in popularity at the expense of the Tories.

Danielle Smith

Wildrose is a right-of-centre party which, among others things, espouses more grassroots involvement in decision-making.

Smith said she gets the sense that many people have bought memberships in both parties and are watching closely to see what happens next.

"I think that people have been shaken loose from their traditional voting habits, and we just have to earn their trust and give them a reason to vote for us again," she said.

"What we're going to say is we want to see the Alberta advantage back and that is going to be a message that resonates with Albertans." **WITH FILES FROM THE CANADIAN PRESS**

Families suing Tschetter

KRISTA SYLVESTER
krista.sylvester@metronews.ca

COURT A multimillion-dollar lawsuit has been filed against a trucker convicted and sentenced earlier this year for the manslaughter deaths of five people.

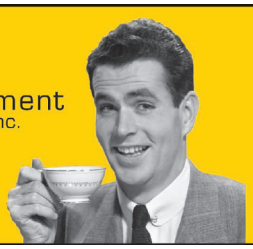
Calgary attorney Jennie McMordie, who represents the victims' families, filed a statement of claim yesterday in the Calgary Court of Queen's Bench against Daniel Tschetter, who is serving five-and-a-half years for five counts of manslaughter.

"This is a claim following a wrongful death and I think the statement really speaks for itself," she told Metro.

The civil suit seeks over $3 million in damages from Tschetter as well as C&J Construction, where he worked when he smashed a gravel truck into a car carrying Melaina Hovdebo, her son Zachary Morrison, 16 months, Chris Gautreau, and his daughters Kiarra, 6, and Alexia, 9.

The claim is being filed on behalf of Previna Gautreau and Lee Morrison, parents of the children killed in the crash.

The Healthy Retirement Group Inc.



BAKKEN OIL OPPORTUNITY
16 Developmental Wells.
Proven Fields in S.E. Saskatchewan.
Limited time offer!
1-888-404-4047*
HRGbakken.ca
*ext106
This advertisement and information contained within, does not constitute an offer or solicitation to purchase or sell securities. Such an offer can only be made by way of Offering Memorandum. All investments involve some degree of risk. Please consult a financial professional.

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local

Guns N' Roses to rock Pengrowth

Legendary rockers Guns N' Roses will be hitting the Pengrowth Saddledome on Jan. 16 as part of their multi-city Canadian Tour. Tickets go on sale this Friday at 10 a.m. at all Ticketmaster locations for $49.50, $69.50 and $89.50. The popular band will be hitting more than a dozen Canadian cities. METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

metronews.ca
What's online today.

Video New Wildrose Alliance leader says she needs to work to win over all of Alberta, at **metronews.ca/canada**

Video

Provinces, territories receive first shipments of H1N1 vaccine, says Aglukkaq, at **metronews.ca/canada**

ADVERTISE TODAY!
1 888 91 metro (63876)

Carpool in baby steps: Promoter

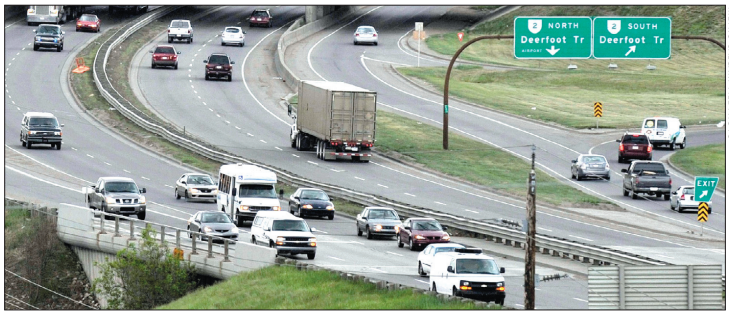
KRISTA SYLVESTER
krista.sylvester@metronews.ca

Tammy Dunlop would love to carpool to work, but it's just not feasible.

The self-professed environmentalist said carpooling in Calgary just doesn't work.

"It's just not convenient and would add a lot of travel time to and from work. It's tough because there isn't anyone around me that I can carpool with where I have to go," she said.

Dunlop isn't alone. Although there are 3,000 registered carpooling commuters in Calgary, thousands of motorists can't and don't — but Calgary is around the national average, according to carpool.ca spokesperson Anne Marie Thornton.



METRO CALGARY FILE PHOTO

Carpooling isn't always an easy sell for some commuters. Carpool.ca is encouraging Calgarians to find out how they can make it work during the 7th annual Carpool Week from Oct. 19 to 23.

"We're asking people to carpool and sometimes there isn't a lot of incentive, so it can be challenging," she said.

"It's not that Calgary is low, Calgary is about the same as the rest of the country in numbers. When gas prices are higher, you see more people carpooling."

That is why awareness campaigns like Calgary's 7th Annual Carpool Week Oct. 19 to Oct. 23 is important, she added.

"We're just trying to let people know it doesn't have to be a weeklong commitment. One or two days a week, baby steps, is definitely a great start."

Since Carpool.ca was introduced in Calgary in 2002, there have been more than 11,000 users in the region.

For more information, check carpool.ca.

Transit swipe, pay could occur by '11

FUNDING Electronic fare collection for Calgary Transit could be in train stations and buses by 2011 if funding is approved by year's end, according to a spokesperson.

Calgary transit spokesperson Theresa Keddy said if the federal government approves an injection of $270 million for transit by year's end, riders may be able to swipe and pay within two years.

A transit report in May pegged the project's costs at $7 million.

KRISTA SYLVESTER/METRO CALGARY

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

Lust Conquers All.

The 2010 Chevrolet Camaro. Standard 304 horsepower, V6 engine. Plus you get the best coverage in Canada – 5 Year/160,000km powertrain component warranty including roadside assistance and courtesy transportation.Δ And if you don't love it, our 60-Day Satisfaction Guarantee lets you bring it back.‡ Put us to the test against anyone. And may the best car win. Visit chevrolet.gm.ca.

Chevrolet Camaro

CHEVROLET
MAY THE BEST CAR WIN.

ΔWhichever comes first, see your dealer for details. ‡Return between 30-60 days with less than 4,000km. Vehicle usage fee and other restrictions apply. Take retail delivery by 11/30/09.
*Chevrolet is a brand of General Motors of Canada, the Official Vehicle Partner of the Vancouver 2010 Olympic and Paralympic Winter Games. TM© 2009, VANOC. Used under Licence.

vancouver 2010
CHEVROLET OFFICIAL VEHICLE*

Stabbing lands one man in custody
Calgary police took one person into custody for questioning yesterday afternoon after a stabbing in the city's northwest that sent a man in his 20s and a girl in her teens to hospital in serious condition. METRO CALGARY

Turning Calgary's public space Inside Out

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A business conversation between two men or a lovers' quarrel?

An iconic Calgary statue on Stephen Avenue is up for artistic debate as part of a Calgary Outlink project in the city that armed seven gay and lesbian youth from Inside Out Youth group with cameras to take photos of their everyday lives and interpretation of everyday things.

"That statue shows a conversation but when you look at it from a certain angle, it does kind of look like something more is going on," participant Jasmine Ing, 23, explains.

"It's interesting, it probably didn't appear that way when it was made, but maybe it was an underlying tone. But that's the different perspective."

That statue is just one of 25 photographs that will be featured at the unveiling of the project dubbed (eye)dentities.

The event kicks off tomorrow morning at 10 a.m. at the Calgary Outdoor Council, with the participants ranging from 18 to 25 years old.

"It was a fun project. It gave us a chance to take photos and talk about our interpretation and the meaning to the LGBTQ community."

Melissa Luhtanen, president of the Calgary Outlink, said the project is a good way to open eyes and minds.

"It's another way to look at things from a different perspective, and especially with the younger groups there isn't as much homophobia," she said.

PHOTO SUBMITTED BY INSIDE OUT YOUTH GROUP

This photo, part of a Calgary Outlink project, provides a different perspective on some Calgary public art.

Calgary called on to help veterans

FOOD DRIVE Despite the downturn in the economy, the head of a veterans' food drive is confident Calgarians will step in and keep food on the tables for many of the city's seniors.

David Howard, Veterans Food Drive co-founder, said while the economy may pose a challenge this year while raising money for veterans, it's also the reason more donations are needed.

"This has also hit a lot of veterans hard ... We're just trying to make sure our veterans don't go hungry during the winter," Howard said.

Coming off a successful food drive last year that raised $80,000 and filled the warehouse with food, Howard hopes to top that this year with $100,000 and stocked warehouse shelves.

"It's sad because some of these veterans will feed their cats before they will feed themselves and that's not right."

Calgarians can donate non-perishable food items or money to the Crown Surplus Store in Inglewood from now until Nov. 16. For more information visit eventgroup.ca.

THE CANADIAN PRESS

Calgary tweets

- @alex_ruiz Feels like a rainy Vancouver day in Calgary today. Never thought I'd say this but I kind of miss the rain. #yyc
- @chowdown Congrats to #WRA for choose Danielle Smith, but release the secret $$$ donor list (link taken out) #yeg #yyc #ableg
- @ab57 AB politics are about to get interesting with Danielle Smith as leader of the Wildrose Alliance. Tories should be concerned.
- Find out what we're up to! Follow Metro Calgary managing editor @Darren_Krause

Shaw's home phone service, only $9.95 per month.

The kind of deal that will really get people talking.

Switch today and save. Call 310-SHAW.

FOR $9.95* PER MONTH
DIGITAL PHONE BASIC
FIRST 3 MONTHS

Switch now and save.

SHAWDIGITAL PHONE
24/7/365SERVICE
TSX 60 / NYSE

*Terms and conditions apply.

SHAW
PEOPLE POWERED

U.S. pig tests positive for H1N1
At least one pig in the U.S. has tested positive for the H1N1 virus, the U.S. Department of Agriculture said yesterday, the country's first case of a pig contracting the virus. THE ASSOCIATED PRESS

Canada/World

Jail bill could cost millions

Parliamentarians are in the final stages of passing a prison-sentence bill without fully knowing the price tag or the repercussions on prisons — despite a cost estimated at hundreds of millions of dollars.

Bill C-25 would end the practice of giving criminals a two-for-one credit for time served in jail before being sentenced. Instead, judges would give them a straight one-for-one credit.

MPs and senators have not been able to figure out how much it will cost to implement, or gauge the impact on the prison population. Officials say they can't release cost numbers because of cabinet confidentiality. Data from Statistics Canada, however, point to at least a 10 per cent increase in federal prison population, and costs of over $100 million a year — a cost the Tories say is worth it.

"The cost of obviously allowing murderers or rapists out on the street early ... is far too great."
Peter Van Loan, MP

"The cost of obviously allowing murderers or rapists out on the street early, to reoffend, is something that is far too great to have that happen (than) trying to save a few bucks here and there," Public Safety Minister Peter Van Loan said.

THE CANADIAN PRESS

MP on new door knobs: 'Harper calls this stimulus?'

POLITICS The Harper government is plastering signs promoting its economic action plan on federal buildings that are receiving what Liberals say is routine maintenance.

Liberal MP Wayne Easter says a huge "propaganda" sign has been posted on an RCMP building in Charlottetown, where "internal door hardware" — otherwise known as door knobs — are being installed.

"Do you think this is stimulus, putting a door knob in an RCMP building in this country? (Prime Minister) Stephen Harper calls this stimulus?" Easter said yesterday in Ottawa, holding a door knob for emphasis.

Liberals contend the Conservatives are using taxpayer-funded stimulus programs to promote their partisan interests. They've filed complaints with Parliament's ethics commissioner against 55 Tory MPs who have used the Conservative logo while announcing government funding, and have accused the government of ensuring that infrastructure funding disproportionately helps Tory ridings. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal MP Wayne Easter holds up a door knob during a news conference in Ottawa yesterday to discuss what the party says is a Conservative effort to politicize government announcements.

News in brief

TORTURE The federal government has rejected a call from MPs to compensate three Canadians tortured overseas. In a response issued late yesterday, the government said it "would be inappropriate" to do so because the three men are suing federal agencies.

MEDALS Every Canadian soldier killed in Afghanistan will be recognized with a Sacrifice Medal under newly revised criteria released today. When first announced last year, the award recognized only soldiers killed or wounded by hostile fire. THE CANADIAN PRESS

m.metronews.ca
Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

WINNING WOOL
TUESDAY
OCT. 20 ONLY!
129.99 Each
Save up to $165
Men's Massimo Moda® wool coat reg.-priced at $279.99.
Women's Alia wool coats reg.-priced at $275-295.
Sears
OUTERWEARSALE
Selection may vary by store. Visit sears.ca for more selection.
NE103G309 © 2009. Sears Canada Inc.

Uncertainty clouding possible Afghan runoff

Hundreds of thousands of votes cast in Afghanistan's presidential election will be thrown out of the final count after a Canadian-run United Nations panel confirmed yesterday the August contest was marred by widespread fraud.

The Electoral Complaints Commission, which is headed by Ottawa's Grant Kippen, submitted a report that sources say pushes incumbent Hamid Karzai's share of the vote below the 50 per cent threshold needed to prevent a runoff.

"We found a significant amount of fraud in the sample we looked at," Kippen said. It's up to the Independent Election Commission, however — a body over which Karzai wields influence — to decide whether to order a second round of balloting between the incumbent and his challenger, former foreign minister Abdullah Abdullah.

Prime Minister Stephen Harper spoke yesterday with Karzai and urged him to "maintain an unqualified commitment to the constitutional democratic process in Afghanistan," spokesman Dmitri Soudas said in an email.

THE CANADIAN PRESS

m.metronews.ca
Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

News in brief

BALLOON Authorities investigating the Colorado family accused of perpetrating a hoax over their son's feared disappearance in a balloon to promote a reality show said yesterday they don't expect to bring possible charges until at least next week. Investigators also say they want to question an associate of Richard Heene after emails surfaced showing the two discussed a balloon hoax months ago for publicity for the reality show. Robert Thomas of Denver claimed Heene had told him he was planning a media stunt to promote a proposed reality show.

SUDAN President Barack Obama said yesterday that the U.S. will shift its policy toward Sudan to one based on working with their government instead of isolating it. Still, he said he will renew tough sanctions against them later this week. UN officials say war in Sudan has claimed at least 300,000 lives from violence, disease and displacement.

IRAN A first day of talks to get Iran to send most of its enriched uranium abroad ended inconclusively, with Tehran remaining uncommitted, diplomats said. International Atomic Energy Agency chief Mohamed ElBaradei said the negotiations between Iran and the U.S., Russia and France got off to a "good start." However, three diplomats, who were familiar with the discussions, suggested little was accomplished outside of both sides outlining their positions. THE ASSOCIATED PRESS

CALGARY
Publisher, Steve Shrout
Managing Editor, Darren Krause
Distribution Manager, Dave Mak

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Abuse of power may haunt Harper

In covering the Liberals a decade ago, I kept a file entitled "abuse of power." Over the years it grew in size. In it were reports of opposition Conservatives lambasting the Grits every step of the way — and promising a new way.

Today I keep an abuse of power file on the Conservatives. It doesn't have the same heft as the Liberal one, but it is growing rapidly, making unimaginable gains. Unimaginable because these same Tories watched the Grits fall from power largely because of corruption-related activities and promised the cleanup.

The cleanup? Let us behold this last month for example.

There's the revelation of Conservatives putting their names or party logos on stimulus funding cheques — cheques from taxpayer money, not their own.

There's the revelation they engaged in blatant favouritism by directing the great bulk of stimulus funding to their own ridings. Example: Peter MacKay's Conservative riding in Nova Scotia got $87 million in stimulus grants, more than all five Liberal ridings in the province combined.

There's the revelation that in making a recent economic update the Tories spent more than $100,000 to turn it into a campaign-style rally for the party.

The disclosures are not entirely surprising. The Conservatives began to abuse power before they even came to power. It was discovered that during the 2006 campaign — while Stephen Harper was pledging a new era of accountability — his political machine was operating a sly in-and-out scheme that camouflaged expenditures so as to allow his party to spend more than entitled under election regulations.

Many examples of abuse of power followed. But the Conservatives didn't suffer much. They could always point to the Liberal record. That's what Transport Minister John Baird did in the Commons yesterday — You guys did it, so it's all right for us to do it.

Charming.

If the Harper machine didn't have anything to hide, it wouldn't hide it. But reporters trying to get detailed information here are being stonewalled.

Back in Jean Chrétien's day, there was a similar stimulus spending controversy over a program called Transitional Job Funds. It led to Jason Kenney calling Chrétien "the king of pork."

History stunningly repeats itself. It isn't as bad in that the Harper machine has nothing as serious as a sponsorship scandal on its hands. But it's just as bad, if not worse, in that this is the prime minister who promised a new way.

He may well be haunted for hypocritically giving us the old.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

CanWest provides an important lesson

CanWest Global Communications will suffer yet another financial humiliation Nov. 13. That's the day the company's shares, each of which currently trades for less than the cost of a handful of Skittles, will be delisted on the Toronto Stock Exchange. CanWest was once a champion of media convergence. Today, it is a distressed company that is an example of enforced divergence, thanks to economic circumstances and hard-nosed creditors.

CanWest's disintegration has been predictable for some time. When you pile on about $4 billion in debt and rely on cyclical businesses like broadcasting or newspapers, whose fundamental business models are being reshaped by rapidly changing technology, you're very likely to run out of cash.

But while the company's descent into bankruptcy protection is an extreme case study in overambitious growth by acquisition, it should serve as a warning to the many companies that have increasingly relied on mergers and acquisitions to fuel growth rather than building from the inside out.

Particularly in the past decade, Canadian companies have been gobbling up competitors at home and abroad. The pressure to do so is obvious: If you don't indulge in the consolidation binge, your rivals surely will, and they will digest you in the process.

This voracious survival imperative has to be balanced against the risks of acquisitiveness.

Despite the risks, Canadian companies have healthy appetites. In the five years ended in 2008, they consummated 6,684 deals worth $587.6 billion, according to figures compiled by investment banker Crosbie & Co. In most years, close to half the value of acquisitions consist of Canadian companies either buying foreign-owned firms here or abroad, usually in the U.S.

Who says we're not risk takers?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Calgary 3030 – 3 Avenue NE, Suite 120, Calgary, AB T2A 6T7, Tel: 403-444-0136; Fax: 403-539-4940; Advertising: adinfocalgary@metronews.ca; calgary_distribution@metronews.ca; News: darren.krause@metronews.ca

Did you know?
Cash flow refers to the movement of money coming in and out of a business. It gives a picture of a business's "liquidity," or the ability to pay debts and purchase supplies. NEWS CANADA

Small Business

Do your research

One often overlooked source of financing is government programs, which include grants, subsidy programs and financing programs. Canada Business, canadabusiness.ca is a great resource to help locate and assess programs.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Family, friends can be investors

JON TATTRIE
for Metro Canada

After you've emptied out your piggy bank, turn to the "three Fs" to fund your start-up business, says Darrell Zahorsky, small business expert for About.com.

The Fs are "friends, family and fools," he says in an email interview. "Tap those close to you who know your track record and believe in you. Be serious about the business and they will seriously consider investing."

Building a base of solid investors is critical. "Be fully invested in your business, emotionally and financially," advises Zahorsky. "Investors want someone who is committed to the business in good times and bad. More importantly, they want to see that you have invested fully in your business. Why should they put their money at risk if you're not willing to do the same?"

Building a solid business plan is key when you're looking for investors.

Once you're up and running, be smart with how you spend your hard-earned (or hard-borrowed) money.

"The current recession has taught small business the harsh realities of tight money management," he says. "It's all about making your money work for you."

Flashy magazine or TV ads might make you feel great, but may not bring in as much money as the less glamorous process of networking and getting your friends to spread the word, Zahorsky says.

> **"Why should they put their money at risk if you're not willing to do the same?"**
> Darrell Zahorsky

Shawn Cunningham, the manager of financing programs at the Centre for Entrepreneurship, Education and Development in Halifax, sees hundreds of fledgling businesses every year. The first step is a solid business plan, he says. You need that to give your company a map to follow and to convince others that you'll get to your destination if they invest.

CEED works with the Canadian Youth Business Foundation Program, Canada Small Business Financing Program, credit unions and the Atlantic Canadian Opportunities Agency. If you play your cards right, you can get $50,000 to start your enterprise.

Cunningham says it's critical to establish a "buffer of working capital" so that if costs run over or revenue is under, the business doesn't run out of financial fuel, seize up and die.

"It's easier to get that upfront then after you get into the business for several months and start running out of cash and you're in scramble mode," he says.

SCHOOL OF TRANSPORTATION
Find a career that takes you to new heights. Our programs have 98-100% employment rate and hands-on training in specialized training facilities. Come and see if a future in Aviation is right for you!

Full-time programs available in:
- Aircraft Maintenance Engineers Technology
- Aircraft Structures Technician
- Avionics Technology

Join us Tuesday, October 20 at 7:00 pm
at the Art Smith Aero Centre
1916 McCall Landing NE

CALL 403.284.7018 OR
E-MAIL: AEROCENTRE@SAIT.CA TO CONFIRM
YOUR ATTENDANCE OR FOR MORE INFORMATION.

OPEN HOUSE – OCTOBER 30 AND 31

SCHOOL OF TRANSPORTATION
FURTHER YOUR PASSION
SAIT POLYTECHNIC

With Yak, the savings are always there.

yak Long Distance
- No activation fee
- No monthly fees*
- Also available for cell phones

LOW PER MINUTE RATES:

CANADA & USA	UK & ITALY	INDIA
3.5¢	5¢	10¢

Great savings. No contracts**.

Home Phone | Long Distance | High Speed Internet | Long Distance Cell | Travel Cards | Yak Paks

yak.ca 1-866-888-6687

Sign up today. It's fast and easy.

Proudly Canadian Customer Service

yak
We want to be your phone company.

*An administrative charge of $1.95 per month applies if you choose to receive a paper invoice. This fee is waived for customers over 65. Help save trees and money with Yak's online billing. ** Terms of service apply.

Interac Online

YOUR MONEY IS WITH YOU ONLINE.

Interac Online makes paying for things online as simple and safe for you as it is in-store. Since you pay directly through the security of your online bank account, you don't have to worry about sharing any personal financial information or card numbers. It's that easy, that private, and that secure. For details, or if you're a merchant interested in offering the service, visit us at InteracOnline.com.

® The *Interac* logo and the armoured truck design are Trade-marks of Interac Inc. Used under licence. Trade-marks below are the property of their respective owners. Use does not imply that a license has been granted.

Interac Online is offered by these financial institutions:

BMO Bank of Montreal · RBC Royal Bank® · Scotiabank® · TD Canada Trust

Find *Interac* Online at hundreds of merchants, including the following, or for a complete list visit InteracOnline.com.

ALDO ALDOSHOES.COM · PLAY NOW.COM bclc playing it right · chapters.indigo.ca Coming Soon · CINEPLEX.COM ESCAPE WITH US · lavalife · MOUNTAIN EQUIPMENT CO-OP · VIA Rail Canada

Now also at: Canada Revenue Agency

How do you make the right investment decisions today? It's worth a talk.

Now more than ever you want to know what your money is doing and where it can help take you. We want to help you get there.

Experienced advisors

Over 1 million financial reviews each year

Helping you *achieve what matters* sooner

Experienced advisors.

Like many people, you may have more questions about your financial future than you've ever had before. That's why you should talk with one of our experienced CIBC advisors. You'll work together to find the right investment answers and solutions for you.

Personalized financial reviews.

Every year CIBC advisors help over one million Canadians with financial reviews, enabling them to better understand their financial situation, prioritize their goals and put a plan into place for the future they want.

Achieve your goals.

Your individual financial goals matter as much as ever. You need a personalized plan that works for you. One that is developed and put into action by working with an experienced CIBC advisor.

Let's talk.

The sooner you sit down and talk with a CIBC advisor, a CIBC Imperial Service® Advisor or a CIBC Wood Gundy® Investment Advisor, you'll be on the right path to achieving what matters to you, sooner.

Talk with a CIBC advisor today. Visit any CIBC branch, go to cibc.com or call 1 800 465-CIBC (2422).

CIBC

For what matters.

CIBC Imperial Service and CIBC Wood Gundy products and services are provided by CIBC and CIBC affiliates; ask for details. CIBC Imperial Service is most appropriate for individuals with household investable assets greater than $100,000. CIBC Wood Gundy is most appropriate for individuals with household investable assets of $250,000. ®Registered trademark of CIBC. "It's worth a talk." and "CIBC For what matters." are trademarks of CIBC.

IBM places Senior VP on leave after scandal

IBM Corp. has placed senior vice-president Robert Moffat on leave after he was charged in an insider trading scandal for allegedly leaking secrets about IBM's earnings. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Compromise in sight on securities regulator?

Ottawa may be able to reach a compromise agreement on a national securities regulator once the Supreme Court of Canada rules on a judicial reference by the federal government, a former Quebec intergovernmental affairs minister says.

Benoit Pelletier, now a University of Ottawa law professor, said yesterday the federal government made a strategically wise move in deciding to ask the country's highest court to rule on the plan before creating the regulator.

Justice Minister Rob Nicholson announced late Friday that the government will seek an opinion from the court on the constitutionality of the proposed Canadian securities legislation that is expected to be ready by next spring.

Pelletier said yesterday he expects the Quebec government will either withdraw its own reference to the Quebec Court of Appeal or that court, which is the highest in the province, will refuse to hear the case. While the federal plan doesn't force provinces on board, a Supreme Court decision in Ottawa's favour would pressure them to eventually join, Pelletier added.

Canada's securities industry, which trades in stocks, bonds and other financial instruments, has been historically regulated at the provincial level. THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

Fed chief urges U.S. to lower deficits

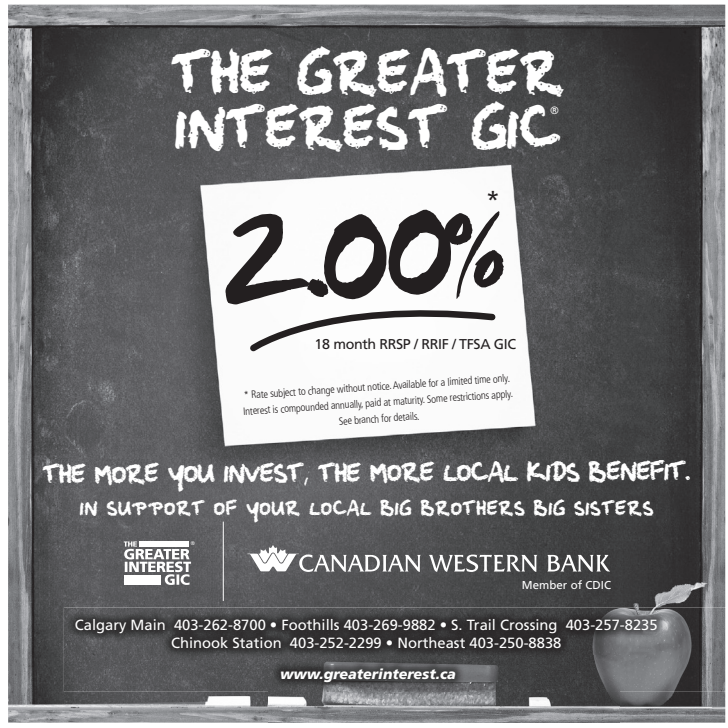
WASHINGTON U.S. Federal Reserve chairman Ben Bernanke yesterday called for the United States to whittle down its record-high budget deficits and for countries like China to get their consumers to spend more, moves that would help combat skewed global trade and investment flows that contributed to the financial crisis.

Bernanke's remarks to a Fed conference in Santa Barbara, Calif., comes just days after the federal government on Friday reported a $1.42-trillion US deficit for 2009 budget year that ended Sept. 30. The previous year's deficit was $459 billion.

The Fed chief's comments were aimed at reducing global imbalances. THE ASSOCIATED PRESS

In brief

JOBLESS Even with an economic revival, many U.S. jobs lost during the recession may be gone forever and a weak employment market could linger for years. That could add up to a "new normal" of higher joblessness and lower standards of living for many Americans, some economists are suggesting. They worry that the job-creating dynamics of previous recoveries can't be counted on now. THE ASSOCIATED PRESS



Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.80%	1.20%	1.05%	0.75%	0.75%	1.25%	1.00%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Benefit of loonie's rise

AlisonOnMoney
Alison Griffiths

metronews.ca/alisonmoney

Seven years ago the loonie had sunk to 62 cents against the greenback. U.S. holidays, cross-border shopping and online purchases evaporated like a drop of water under a hot sun.

Never again, most declared, would the loonie be at par, or even close to it, with the greenback. We were all reconciled to a 75 or 80 cent Canuck buck — which the economists called "fair value."

Then came not only par but beyond in late November 2007, as the loonie soared to over $1.08 before falling back down to 80 cents. Now, here we are, back in the high 90s. Par is starting to look attainable again.

In the seven years since our currency went from vincible to invincible, lots of people have wondered how to take advantage of the swings. One of the easiest ways is to open a U.S. dollar account.

If you travel to the U.S. frequently, expect to take trips south of the border in the future or are planning a visit to countries like Mexico where the greenback reigns, then it makes sense to convert some loonies now.

Yes, we may rise above par but predicting currency peaks and valleys is something not even the foreign exchange traders do with much success. By purchasing U.S. dollars now you are creating your own mini-hedging strategy, protecting yourself against precipitous drops in the Canadian dollar.

Even if you don't expect to leave Canada, it is still a great time to start a small, U.S. dollar nest egg for online purchases, for example. Another reason to do so is if you have dependent children who may cross the border for shopping, sporting events, holidays or education.

Before you open a U.S. dollar account check the fees. Some banks waive maintenance fees and give you a couple of transactions free each month with a minimum balance of from $200 to $1,000.

Alison's Money Rule:

- You can't predict currency swings but you can benefit from the loonie-greenback roller coaster, regardless of which direction it goes.

Playing the currency game is a high wire act but when the loonie is strong it's an excellent time to put grab some greenbacks for future needs.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

HiSAVE Savings Account
1.20% C$
Apply online : icicibank.ca
ICICI Bank

Mutual funds still good

Investing
Allan Small

metronews.ca/investing

The three main reasons why I purchase mutual funds for my clients are for diversification, gaining access to professional management and obtaining investments in parts of the world that I have less access to. If an investor has a smaller portfolio whereby it would be difficult to create a diversified portfolio out of individual securities, mutual funds can provide that investor with the diversification they require. Through a mutual fund an investor would not be investing into just one security, therefore lowering their risk.

Allan Small can be reached at asmall@dundeesecurities.com

On the web

Money Matters: Henry Chow Chong talks about transferring shares to a Tax Free Savings Account. Visit metronews.ca/moneymatters to read his column.

mogo
borrow up to $1500 instantly for free!
mogomoney.com » absolutely no strings attached and no hidden fees
new to mogo? Apply now & get your first Zip Money loan FREE! Promo Code: METRO 2

INFORMATION FEATURE

Online investing can be easy

Online investing has become a powerful tool for investors of all types looking to secure their financial future.

RBC Direct Investing™

vancouver 2010
PREMIER NATIONAL PARTNER

Put your financial future in your own hands.

Introducing RBC Direct Investing Practice Accounts.

Now you can gain confidence in your investing skills without the risk. With an RBC Direct Investing™ Practice Account, you can test drive online investing without using real money. Learn to invest on your own terms with access to a host of powerful tools and educational resources to help you build your investments knowledge. Take control of your financial future with an RBC Direct Investing Practice Account.

Get started at
rbcdirectinvesting.com/practice

CREATE
A FUTURE WITH PEACE OF MIND

RBC Direct Investing Inc.*, and Royal Bank of Canada are separate corporate entities which are affiliated. *Member CIPF. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. ™ Trademark of Royal Bank of Canada. ® Registered trademark of Royal Bank of Canada. Used under licence. © Copyright 2009. All rights reserved. ™ ©2008, VANOC. Used under licence.

RAFAEL BRUSILOW
for Metro Canada

With the right tools at your disposal, building your online investment portfolio with RBC Direct Investing can be easy.

Jason Storsley, president and CEO of RBC Direct Investing says the most common thing new RBC online investors tell him is how much easier getting started investing online with RBC is than they expected.

"It's probably easier that you thought it would be to build an online portfolio because you're never on your own when you're investing with RBC Investments," Storsley said.

Online investing has come a long way since the days of labyrinthine websites and day-trader frenzies to be a powerful tool for investors of all types looking to secure their financial future.

"The Internet has changed the way people access goods and services and online investing is no different," Storsley said.

The most important changes, Storsley says, have been shifting attitudes towards online investing.

"Online investing has evolved in the sense that now people are looking to it to take more control of their investments. They're looking beyond stock trading to set up an asset mix and meet their long-term financial goals," he said.

An enormous influx of first-time investors into the online investing market has meant a greater need for smarter, more effective tools to help investors meet their needs and RBC has stepped up to the plate.

"Because more and more people without advanced knowledge are entering the space, we've offered a large number of tools to get started," Storsley said.

Online learning modules and "Show Me" video tutorials can help educate you about the ins and outs of online investing, Model Portfolios prepared by RBC experts let you put together a diversified asset mix instantly, and Quick-Start links get you started with confidence.

For new investors still a little queasy about risking their own money, RBC Practice Accounts offer the perfect way to test out online investing without risking real money and, most importantly, let you build the confidence you'll need to be a strong investor.

"You have a risk-free environment to try out all your investment strategies without putting your real money on the line. It's a great tool to build confidence," Storsley said.

Practice accounts let you use all the same tools and resources as a regular account, including model portfolios and screening tools, except you risk no money while being able to see how your investments would pan out in the real world.

Once you're ready to take the plunge into real investing, Storsley says the most important thing you can do is gauge your own investment goals.

"You need to know something about yourself before you start investing. Think, are you a novice investor who doesn't really want to put a lot of time into managing your money, or are you a more sophisticated investor looking to delve deeper into some of the investment options that are available to you?" Storsley said.

To get rolling, you need a plan and RBC can help with online planning tools to help you understand and exploit advanced investing strategies and concepts that will let you achieve your specific financial goals.

"Everyone is going to have investment goals and the way to meet those goals is to have a plan not only tailored to your investment knowledge but also to how much time you want to put into managing your investment portfolio," Storsley said.

Powerful tools provided by RBC include performance indexes and independent research and analyses as well as search tools that let you screen through more than 1,000 mutual funds based on a wide variety of criteria to narrow your choices down to the ideal picks for you. The end result is whatever your goals, you'll have the knowledge and expertise behind you that you'll need to enter the online investing field with confidence.

On the web

- For more on RBC Diret Investing, log on to rbcdirectinvesting.com.

"You're never on your own when you're investing with RBC Investments."
Jason Storsley

Briatore to challenge banishment
Former Renault team principal Flavio Briatore will attempt to overturn his Formula One ban. Briatore was indefinitely barred for ordering a driver to deliberately crash. THE ASSOCIATED PRESS

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Flames looking for revenge on Jackets

NHL PREVIEW

Columbus at Calgary

One week after losing 2-1 to the Blue Jackets in Columbus, the Calgary Flames have revenge on their minds.

Tonight the Flames (5-2-1) will welcome the Jackets (5-1-0) to the Pengrowth Saddledome, where they've compiled a 3-1 record.

"Columbus beat us, so we want to have a huge game against them," said Calgary forward Craig Conroy. "We just have to keep it simple and we've got to play in their zone more. They played in our zone too much last game."

The Flames jumped out to a 1-0 lead in the first period in Columbus last week before Rick Nash set up a pair of goals by Anton Stralman and Kristian Huselius in the second stanza to lead the Jackets to a come-from-behind victory.

"He's a good player," said Calgary defenceman Jay Bouwmeester, who was drafted third overall by the Florida Panthers in the 2002 NHL Entry Draft, two picks after Nash. "He's a big guy, he can skate and he's got good hands. He's one of those guys that you've got to watch out for. He's pretty dangerous every time he's out there."

Averaging 27:19 of ice time per game — third in the NHL behind Philadelphia's Chris Pronger and Carolina's Joe Corvo — Bouwmeester will most likely see a lot of action when Nash and his linemates jump over the boards.

"There's guys like that on every team," Bouwmeester said. "It's always a challenge playing against those guys, but you've got to take some pride in trying to shut them down."

Another key for Calgary to avenge last week's loss to the Jackets is for the Flames to make life difficult for goalie Steve Mason, who stopped 22 of 23 shots he faced in Columbus.

"He played good, but I don't think he played that great," said Flames left-winger Rene Bourque, who leads the Flames with four goals and five assists through eight games. "We didn't get enough pucks on him." THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

Sports in brief

BASEBALL Japanese catcher Kenji Johjima has opted out of the final two years of his contract with the Seattle Mariners with the intent of continuing his playing career in Japan. The team had signed the catcher to a $24-million US, three-year extension that began last year.

NBA For $25,000 US, you can watch the New Jersey Nets from courtside — and have a player of your choice at your home, office, school or party. In a tough economy, it's the Nets' latest marketing effort to sell its pricey courtside seats. It's called 'Your Ticket to a Player.' For $25,000, the Nets are offering four courtside tickets for 10 games, parking, access to a private lounge at the Izod Center with free food and beverages.

NBA The benign growth in LeBron James' jaw made for a few nervous days earlier this year for the Cleveland Cavaliers superstar. James said yesterday he had to wait for biopsy results in January after doctors found a growth in his jaw.

NFL Rex Ryan is sticking with Mark Sanchez as his starting quarterback despite the struggling rookie's five-interception performance in the New York Jets' loss to the Buffalo Bills.

METRO NEWS SERVICES

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136

PSYCHIC

STAPHA—AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

THE GREAT OF THE GREAT MEDIUM & SPIRITUAL HEALERS
HERITED TO GENERATION RENOWNED INTERNATIONAL
Are you searching for solutions to your problems?
It's never too late to find answer.
Madia has 26 years experience as a spiritual healer reuniting loved ones, maintaining harmony in coupled, preventing separation, improving business success, protecting against negativity and evil spells.
100 % results Guaranteed in 1 week.
100% RESULTS GUARANTEED IN 1 WEEK
CALL MADIA AT 403-475-2589 OR 403-305-2129

FINANCIAL

Full Body Massage
REGISTERED MALE
massage therapist
now accepting
NEW MALE CLIENTS
Troy
403-404-3300
SW Location

BROKERS national
500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

THE COMWAVE COMPARISON

BELL
BELL HOME PHONE CHOICE
$68.79/MONTH
INCLUDES UNLIMITED CALLING TO CANADA & U.S.A.
VOICEMAIL
CALL DISPLAY
CALL WAITING
CALL RETURN
THREE WAY CALLING
CALL FORWARDING

Rogers
ROGERS EXTRA VALUE PLAN
$41.31/MONTH
INCLUDES 1000 MINUTES TO CANADA & U.S.A.
VOICEMAIL
CALL DISPLAY
CALL WAITING
CALL RETURN
THREE WAY CALLING
CALL FORWARDING

comwave
ONE-RATE PLAN
$29.95/MONTH
INCLUDES UNLIMITED CALLING TO CANADA & U.S.A.
VOICEMAIL
CALL DISPLAY
CALL WAITING
CALL RETURN
THREE WAY CALLING
CALL FORWARDING
AND MUCH MORE!

Bonus
FREE
Cordless Phone System with your Comwave Home Phone
3 Handset Cordless Phone System
Interference free
Speaker Phone
VoiceMail Indicator
DECT 6.0 DIGITAL

ALL FEATURES FREE!
✓Caller ID ✓Call Forwarding
✓Voicemail ✓Call Waiting
AND MUCH MORE!

ENHANCED	UNLIMITED CANADA	ONE-RATE	GLOBAL
$14.95/MONTH	$19.95/MONTH	$29.95/MONTH	$39.95/MONTH
UNLIMITED LOCAL CALLING	UNLIMITED CALLING TO CANADA	UNLIMITED CALLING TO CANADA & U.S.A.	UNLIMITED CALLING TO 25 COUNTRIES!
✓ ALL FEATURES FREE	✓ ALL FEATURES FREE	✓ ALL FEATURES FREE	✓ ALL FEATURES FREE

FREE
Cordless Phone System with your Comwave Home Phone
DECT 6.0 DIGITAL
3 Handset Cordless Phone System
Interference free
Speaker Phone
VoiceMail Indicator
Caller ID/Call Waiting

comwave 403-451-5800

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. The rates are based on a 3 year term. Satisfaction guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The rates of $41.31/month and $68.79/month are as advertised on http://www.homephonechallenge.ca on Oct. 5 2009. Comwave One-Rate Plan does not include applicable taxes. By accepting the free cordless phone set, you are agreeing to a 3 year term and agree to waive the Satisfaction Guarantee period. Coupons must be redeemed in 120 days from date of activation. Terms and conditions apply, see www.comwave.net for details. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Terms and conditions apply, see www.comwave.net for details.

Cops nab kicker

Steelers kicker Jeff Reed has been cited by Pittsburgh police for public intoxication and disorderly conduct outside a bar a couple of blocks from where the team beat the Cleveland Browns a few hours earlier. This is Reed's second brush with the law this year. Police say Reed will be mailed a summons to appear in city court. THE ASSOCIATED PRESS

Angels cut ALCS deficit to 2-1

Jeff Mathis hit a two-out double in the 11th inning to drive home the winning run and the Los Angeles Angels survived a second straight thriller, beating the Yankees 5-4 yesterday and trimming New York's lead in the American League championship series to 2-1.

In a game full of missed chances for both sides, the Angels eventually rallied to hand the Yankees their first loss of this postseason.

Howie Kendrick homered, tripled and then singled with two outs in the 11th.

Mathis followed with his drive up against the left-field wall, and Kendrick slid home well ahead of a desperate throw.

Mathis, the Angels' backup catcher, came up with his third late-inning, extra-base hit of this crazy series.

"It's been up and down the last couple games," Mathis said.

"Luckily we came out on top in this one."

THE ASSOCIATED PRESS

For a recap of last night's NLCS game between the Dodgers and Phillies, visit: metronews.ca/sports

Bolt named to Order of Jamaica

TRACK The world's fastest man has received one of his Caribbean homeland's highest honours.

Usain Bolt received the Order of Jamaica award during yesterday's heritage celebrations in Kingston. At 23, Bolt is the youngest person to receive the honour.

Usain Bolt

In recent weeks Jamaica has also renamed a highway after the Olympic and world 100 and 200-metre champion and record-holder.

Bolt ran 9.58 seconds in the 100 metres at the world championships in Berlin in August. He ran 19.19 in the 200, breaking the records he set at the Beijing Olympics.

THE ASSOCIATED PRESS

Sports in brief

SPEEDSKATING Cindy Klassen continues to impress in her return to competitive speedskating after she earned two more spots on Canada's World Cup team yesterday. The Winnipeg native finished third in both the 1,000- and 3,000-metre races at the World Cup selection trials. Klassen gained a spot in the 1,500 on Sunday.

RACING FIA presidential candidate Ari Vatanen said he will introduce a code of ethics to Formula One's governing body if he wins Friday's election. The Finnish candidate said yesterday that the code would cover all senior officials.

METRO NEWS SERVICES

ONLY UNTIL FRIDAY, NOVEMBER 6, 2009

Visit our NEW TD Canada Trust branch for your FREE 9" digital photo frame[1]

Whether you're new to TD Canada Trust or you already enjoy the comfort of banking with us, you can qualify for a free 9" digital photo frame.

All you have to do is transfer your main personal or small business chequing account from another financial institution to TD Canada Trust using EasySwitch™ by November 6, 2009.

For personal accounts, you'll also need to set up at least one direct deposit or two pre-authorized payments.

EasySwitch makes it easy

Our EasySwitch service offers a simple and easy way to transfer your account and pre-authorized payments from another financial institution to TD Canada Trust – at no cost to you! We'll look after the details for you, including –

- Transfer of your account balances
- Transfer of your pre-authorized payments
- Closure of your account at the other financial institution

TD Canada Trust

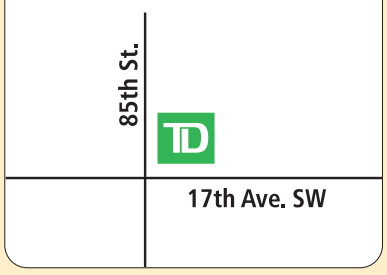
Banking can be this comfortable

Come meet the friendly staff at our new TD Canada Trust branch.

This offer is only valid at –

Aspen Landing Shopping Centre
252 Aspen Landing SW
Calgary (403) 292-2808

Monday to Wednesday .... 8 a.m. – 6 p.m.
Thursday & Friday ..... 8 a.m. – 8 p.m.
Saturday ..... 8 a.m. – 4 p.m.



[1] To receive a 9" digital photo frame, customer is required to close their main personal or business chequing account at another financial institution and transfer it by November 6, 2009 to a new or existing eligible chequing account at TD Canada Trust using EasySwitch. For personal customers, the TD Canada Trust account must also be set up with at least one direct deposit or two pre-authorized payments (can be new or existing). Limit one free gift per personal or small business customer. Joint account is eligible for one gift only. Personal customer must be 19 years of age or older. All conditions of the offer must be completed by December 4, 2009 to qualify for the free gift. Cannot be used in conjunction with any other offer. TD Canada Trust reserves the right to extend or withdraw this offer at any time without notice. Other conditions may apply.

™ Trade-mark of The Canada Trust Company.

Fightin' Words

Fernando Carneiro

Read his blog at metronews.ca/fightinwords

ACCESS LEGAL RESEARCH INC.

- CRIMINAL PARDON /U.S. WAIVER
- 24 HR CRIMINAL RECORD CHECK
- FINGERPRINTING
- LOW COST NO FAULT DIVORCE
- SMALL CLAIMS COURT TO 25K

CALL 403-228-2469

Findings on fever prevention
Giving babies Tylenol to prevent fever when they get childhood vaccinations may make the shots a little less effective, new research suggests. The results make "a compelling case" against routinely giving Tylenol right after vaccination, say doctors from the U.S. Centers for Disease Control and Prevention. THE ASSOCIATED PRESS

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Sleeping with the boss

The J Spot
Josey Vogels

metronews.ca/thejspot

OK, I know I said a couple weeks ago in the wake of the David Letterman sex scandal that we need to stop caring so much about who politicians and celebrities are sleeping with. But now it's come out that Jimmy Kimmel may also be having an affair with one of his employees, I feel the need to address the whole sleeping-with-the-boss issue.

Some say bosses and employees shouldn't mix, end of story. The inherent power dynamic makes it unfair and unworkable. Others say if two adults consent to a relationship, it's none of our business — let them sort it out.

My feelings lie somewhere in the middle. Given that most of us spend more time at work than out socially, employer-employee romantic relationships will happen no matter what sanctions or rules we put in place to try and stop them.

And let's face it: Older, more experienced people in positions of authority are exciting, especially when you're young, inexperienced and without much power. The problem is, things can very quickly go from: "Woohoo, I'm sleeping with the boss; I can do no wrong" to, "It's over, I'm suddenly powerless again — and I still have to be nice to the jerk in order to keep my job."

"For starters, both parties need to be honest about their motivations."

So, while forbidding employer-employee relationships isn't realistic, these kinds of relationships inherently come with a completely different set of playing cards.

And rather than be scandalized by them or try to stop them, I think it would be far better to admit these relationships happen and educate people about how to handle them responsibly.

For starters, both parties need to be honest about their motivations. As the boss, are you getting involved with an employee just because you wield the power to get away with it? If things don't work out, can you be civil and fair or will you make his/her work life miserable?

As the employee, are you doing it to get ahead? Are you prepared for the judgment from colleagues who may feel you'll get preferential treatment? Because unless you're both honest and realistic about the added complications or fallout that almost inevitably result from an employee-employer relationship, you'd better be prepared to fold early in the game.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Beauty picks: Dry skin solutions

This is a notoriously bad time of year for skin. You know, it's that transition period when your face begins to lose its summer glow and become dry and sallow thanks to chilly weather outdoors and dehydrating heat indoors.

Estée Lauder Hydra Complete
The brand claims that it's vitamin B-derived Hydra-Insulation technology helps your skin immediately adjust to temperature and climate changes. Since I've started using it, my face feels hydrated and non-greasy in such a way that I don't think about my face at all (no afternoon checks in the mirror to see if I'm looking oily or scaly). And that's really what we all want at the end of the day, right?

Kiehl's Lip Balm
I generally switch between Rosebud Salve and Kiehl's Lip Balm depending on the season. Kiehl's, which is a bit heavier, has sorted out my post-fashion week dehydration ills lovely. I've even started putting on a light coat of the balm before bedtime. KENYA HUNT/ METRO WORLD NEWS

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 20 of the top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance – and it's completely FREE to use. So what are you waiting for?

InsuranceHotline.com Your search engine for the lowest insurance rates

COMPARE OVER 20 QUOTES in minutes at InsuranceHotline.com

ACUPUNCTURE,
A Natural Healing Method
To Relieve Your Pain, Stress, Insomnia, Fatigue and More... Insurance Covered.
$25 Gift Certificate for First Treatment, Also Consultations are FREE!!!

Dr. Jenny Tao TCMD MD(China)
R. Acupuncturist & R. Massage practitioner with over 20 years experience
CALL: (403) 284-5366
Located: 1343A Northmount Dr. NW Calgary T2L 0E7

Apartment Finder
To advertise contact Warren Smith at 403-539-4948

realstar management
RENT NOW FOR YOUR $300 INCENTIVE

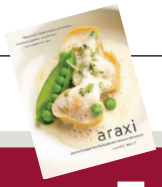
CALGARY PLACE APTS. 609 8TH STREET	ROYAL VIEW APTS. 1320 16TH AVE. SW
1 & 2 bdrm suites, Gym, games room, 1 block to LRT, Utilities included, Close to all amenities & On site management	Live in the Trendy Beltline, 1 & 2 bdrm suites, Gym, sundeck, 1 block to 17th Ave., Utilities included & On site management
1-877-570-7025 www.calgaryplace.com	1-877-572-1835 www.royalviewapts.com
GLENMORE HEIGHTS 620 67TH AVE. SW	**GLENMORE GARDENS 2105 90TH AVE SW**
1 & 2 bdrm suites, Gym, social room w/ full kitchen & library area, 1 blk to Chinook Center, Utilities included & On site management	1 & 2 bdrm suites & T/H social room w/ full kitchen & sitting area, Indoor pool & sauna, Close to all amenities & On site management
1-877-617-9803 glenmoreheights.com	1-877-584-2285 glenmoregardens.com

realstar management

OPEN HOUSE
COME AND VIEW YOUR NEW HOME!
WHERE
GLENMORE HEIGHTS APARTMENTS
620 67TH AVENUE SW, CALGARY
WHEN
SATURDAY OCTOBER 24 @ 2-3 PM

LAKEVIEWMEWS
Brand New Condo Style Suites!
1 & 2 bedroom suites • In-suite laundry • Smoke free Building • Modern décor • Minutes to Glenmore Park • Prof. On-site Staff • Wheelchair accessible suite
Come and visit our show suite! 2528 66th Ave SW
403-242-6414 • lakeviewmews.com

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metratube of the day



Best in Canada

Celebrity chief Gordon Ramsay has described it as the best restaurant in Canada. Now home cooks can try to replicate what Ramsay describes as the "divine" food at Araxi, in Whistler, B.C., with the help of new cookbook Araxi by the restaurant's executive chef, James Walt. THE CANADIAN PRESS

Food

The Slow Cooker Collection, the newest book from the Canadian Living kitchen, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. See recipe below for a first taste.

CANADIAN LIVING

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

From chilis to curries, take it slow

There's a love affair between Canadians and their slow cookers. I've heard them called everything from a "lifesaver" to a "marriage saver."

While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even makes drinks, comfy desserts, dips and spreads.

Chicken Squash Curry, a recipe from The Slow Cooker Collection by Canadian Living.

Chicken Squash Curry

MAKES 4 SERVINGS
PREP TIME: 8 MINUTES
COOK TIME: 26 MINUTES

INGREDIENTS:

- 2 tbsp (25 ml) vegetable oil
- 1 lb (500 g) boneless skinless chicken thighs, cubed
- 1 onion, chopped
- 2 hot green peppers, seeded and chopped
- 2 cups (500 ml) cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 tbsp (45 ml) mild Indian curry paste
- 1 can (28 oz/796 ml) diced tomatoes
- 1/4 cup (50 ml) chopped fresh coriander

online

For more Tested-Till-Perfect recipes, visit canadianliving.com

METHOD:

In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.

In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.

Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.

Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

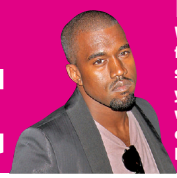
On the web

Columnist:

- Peter Rockwell gets inspired by the new memoir Corked. To read this week's Liquid Assets column, visit metronews.ca/liquidassets

Matthews, Chesney duet
Dave Matthews will join Kenny Chesney for a duet at this year's CMA Awards. Last week, it was announced that Daughtry — along with Vince Gill — would perform on the show, which airs Wednesday, Nov. 11. PEOPLE.COM

Entertainment



Kanye acts

We Were Once a Fairytale, a short film directed by Spike Jonze and starring Kanye West, was released yesterday. The movie shows West walking around a club while one of his songs plays in the background. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Transformers: Revenge of the Fallen
Director: Michael Bay

MICHAEL BAY'S second Transformers saga delivers full-bore "Bayhem" like a brick to the forehead, with some tender love on the side, making this either the biggest blockbuster of summer '09 or history's loudest romance.

Watching this movie is akin to lying on the tarmac at Pearson International while a revving Airbus A380 rolls over you. A decoder wheel might have been helpful, since there are almost too many characters and too much plot in this film.

Whatever Works
Director: Woody Allen

THE WORLD makes no sense, even for a self-proclaimed genius like Boris Yellnikoff (Larry David). He admits he's no expert, though, because he bungled his own suicide.

If you don't see the humour, you're not likely to get Woody Allen's latest, his return to Manhattan (but not to full comedic form) after several years cinematically touring England and Spain.

Working a leftover script from the 1970s, around about the time of his own life embitterment, Allen finds kinship in Boris and his dyspeptic mood. At least Boris is funny about it.

Peter Howell for Metro Canada

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

A day with Coco

Model Rocha claims she's just a normal girl

ELISABETH BRAW
for Metro Canada

Coco Rocha is the woman every girl dreams of becoming.

She's one of the world's top-earning supermodels. She's modeled for fashion houses like Marc Jacobs, Versace, Prada, Chanel, Louis Vuitton and Dolce & Gabbana. She's been cover girl for Harper's Bazaar and W.

Did we mention she's only 21? Rocha, born Mikhaila Rocha in Vancouver, was discovered by a talent scout at age 14. She's the co-producer, with fashion website Modelinia.com, of She's a Genius, a new music video celebrating fashion that's set to JET's song with the same name from their just-released album Shaka Rock.

Q She's A Genius shows a day in your life. What's a day in your life really like?

A I leave for work, take pictures, and go back home. It's not that glamorous. Sometimes I go to movies or go out for dinner. It's the life of a normal working girl.

Q What does it take to become a supermodel?

A You just have to be yourself. A lot of girls can't say no, but the most successful models are the ones who stick to their values. Many up-and-coming photographers put a lot of pressure on models, but more experienced photographers don't.

Q Backstage photos usually show models smoking. How do you pass the time backstage?

A I read books. I'm an old romantic type; I read books like (Jane Austen's) Sense and Sensibility. Right now I'm reading The History of Love.

Q What is models' unhealthiest habit?

A I don't like to comment on other people's habits. But smoking doesn't make you any more successful in this business. Neither does not eating.

Q Do you have and advice to young girls?

A If you don't love it, don't do it. Stick to your moral values. People will respect you, and you will respect yourself. Don't look at magazine covers and say "I want to look like her."

At just 21-years-old, supermodel Coco Rocha is one of the world's top-earning fashion models.

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/20/09 primetime	267 351 - ACCESS	Alberta Primetime (Live)		Monk		Wife Swap		Dancing With the Stars		Primetime
	243 317 3 CFCN	etalk	Hollywood	So You Think You Can Dance Canada Top 4. (N)				Law & Order: SVU		CTV News
	- - 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Shark Tank (N)		Dancing With the Stars		the forgotten
	245 306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	244 338 7 CICT	ET Canada	Entertainment	The Good Wife "Crash"		NCIS "Code of Conduct"		NCIS: Los Angeles (N)		News Hour
	246 - 8 CKAL	Law & Order: SVU		The Jay Leno Show (N)		The Biggest Loser (N)				Your City
	119 705 9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Aveux (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	- - 10 SHAW	(6) Local Programming						Local Programming		
	- 372 12 KREM	News	Hollywood	The Doctors		NCIS "Code of Conduct"		NCIS: Los Angeles (N)		The Good Wife
	- 374 14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (N) (DVS)		Richard Bangs' Adventures		Frontline (N) (DVS)		Independent
	502 390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	- 370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Jay Leno Show
	- 373 22 KAYU	MLB Baseball: Yankees at Angels			Two/Half Men	To Be Announced				News
	297 652 37 WPIX	Melrose Place (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500 500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508 502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400 400 21 TSN	NHL Hockey		SportsCentre (HDTV) (Live)			Off the Record	World Poker Tour: Season 7		Motoring 2009
	408 418 27 net	Flames Conn	NHL Hockey Columbus Blue Jackets at Calgary Flames. (HDTV) (Live)					Sportsnet Connected (HDTV)		Flames in Hour
	410 403 30 SCORE	X-Fighters		Score Now		Score Now		Score Now		Score Now
	411 457 44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417 406 48 SPEED	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!
family	552 543 20 YTV	iCarly	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557 541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555 545 67 TOON	Scooby-Doo! And the Legend of the Vampire			Aloha, Scooby-Doo			Futurama	King of the Hill	American Dad
cable variety	575 583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons	Wilsons	Reba	Reba	According-Jim
	553 546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602 568 23 W	House-Sell	Style by Jury	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	Good Naked
	521 560 24 TLC	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	18 Kids and Counting		18 Kids-Count	18 Kids-Count	Little Couple
	603 561 25 FOOD	Hell's Kitchen (N)		Good Eats (N)	Good Eats (N)	Iron Chef America		Unwrapped	Unwrapped	Hell's Kitchen
	615 520 26 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(10:01) The First 48		Parking Wars
	617 522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Tell Me No Lies (2007, Suspense) Kelly Rutherford.				Bones
	601 562 33 SLICE	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	What Happen?	Biggest Loser Australia		Beauty, Geek
	- 633 34 ENC2	(7:15) The Peacekeeper ★★ (1997, Action)				Brewster's Millions ★★ (1985, Comedy)			(10:45) Dave ★★★ (1993)	
	520 505 35 DISC	Destroyed	Destroyed	American Loggers (N)		Daily Planet		Destroyed	Destroyed	Amer. Loggers
	620 523 36 BRAVO	Hank Williams: The Show He Never Gave (1981, Drama)				Law & Order "Bailout"		Without a Trace "Stolen"		Opposite-Sex
	294 650 40 WPCH	Law & Order: SVU		Donnie Brasco ★★★ (1997, Crime Drama) Al Pacino, Johnny Depp.					Donnie Brasco (1997)	
	626 547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	- 539 42 TCM	Mr. Sardonicus	(7:45) Strait-Jacket ★★ (1964, Horror) Joan Crawford.				The Tingler ★★ (1959, Horror)			13 Ghosts
	628 584 43 SPIKE	UFC Unleashed		UFC Unleashed		Surviving Disaster (HDTV) (N)		DEA "Flip The Stripper"		CSI: Crime Scn
	522 516 45 HIST	Ultimate Engineering		Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Engineering
	627 528 46 SPACE	Medium (HDTV) (N)		Fringe "Dream Logic"		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	- - 47 AMC	(6) Top Gun ★★★ (1986, Adventure)			Stripes ★★ (1981, Comedy) (HDTV) Bill Murray, Harold Ramis.					Mad Men
	619 525 49 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy
	600 564 50 HGTV	Pure Design	Genevieve	House Hunters	House Hunters	Holmes on Homes		HGTV's Top 10	Design Inc.	Pure Design
	501 391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504 508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526 507 92 VIVA	The Closer		Da Vinci's Inquest		Psychic Inv.	Encounters	Judging Amy		Missing
	269 350 93 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides	Moccasin Flats	Short Cuts
	- - 94 MCP	World News	News	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz
	571 581 100 MMM	Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix		Wild 'n Out	Wild 'n Out	H.S. Reunion
	570 580 101 MM	Starmaker		MuchNews	My Date With...	One Tree Hill		Starmaker		MuchNews
	581 566 102 MTV	The City	The Hills	The Hills	After	MTV Live	Sex News	The City	The City	The Hills
	- - 116 TV5	(6) Pékin express		Avenirs	Hors série	TV5 Le Journal	L'Objet du scandale			

critics' corner

Jeff Dunham: Arguing With Myself
If you thought ventriloquism went out with "The Ed Sullivan Show," you haven't caught Jeff Dunham's act. He's a 21st-century ventriloquist with a stable of "partners" that includes Bubba J, the ultimate NASCAR fanatic, and Sweet Daddy Dee. Those are the new additions; Peanut, Walter and Jose Jalapeno are still around. 11 PM on COM

The Biggest Loser
The two teams head to the beach to dig for buried treasure; tickets home. But there's a surprise twist, because the "winning" team immediately is put in temptation's way, struggling to eat healthy and work out without their trainer's direct supervision. The contestants on the other team help out at a food bank. 9 PM on CKAL KHQ

Being Erica
Couldn't we all use one of these — a chance to relive a bad day and try to get it right? In this new episode, that's just what Dr. Tom gives Erica. She has the time of her life, but she soon comes to realize that there's a reason choices should have consequences in "Yes We Can." 9 PM on CBRT

What's hurting Jen?
Jennifer Love Hewitt and Jamie Kennedy aren't breaking up despite recent rumours. "It's hurtful," Hewitt said about the rumours. POPEATER.COM

From October 16 to 23, 2009
SAVE ON THE AXCESS COLLECTION AT SEARS!

ON MEN & WOMEN'S CLOTHING
Buy 1, get the 2nd at 50% off*
ON FASHION JEWELLERY AND HANDBAGS
25% off*

*On regular priced merchandise only.
Second item must accompany any returns.

axcess Sears

© 2009 Sears Canada Inc.

Celebrity Buzz

Mayer denies kiss at gay bar

SMOOCH CENTRAL John Mayer has dismissed rumours he fled a gay club after a partygoer planted a kiss on his lips — insisting he "had a blast" and found the crowd "respectful," femalefirst.co.uk reports.

The singer, who has dated stars including Jennifer Aniston and Jessica Simpson, enjoyed a night out at Toucan's Tiki Lounge in Palm Springs, California last weekend but was hit with reports of a gay kiss.

Mayer admits he had a great time in the club but is adamant media speculation about a same-sex smooch is totally untrue.

In a post on his Twitter.com page, he writes, "Rumour check went to gay bar in Palm Springs, yes. Had a blast. Danced my face off. Someone there planted a kiss on me? No.

"I don't like the story painting gays as unable to control themselves. Found the crowd even more respectful than in a straight club. You know who the most flamboyant crowd is? Straight, drunk girls.

METRO NEWS SERVICES

Celebrity tweets

Marlee Matlin is having trouble with subtitles, Jamie Kennedy has some trouble with young eaters and Spencer Pratt sees opportunity in current events.

• @MarleeMatlin
I'm going to be like my pal Lou Ferrigno and go all Hulk on Netflix. No captions on a doc about the Deaf? OUTRAGEOUS! MAKE NOISE!

• @jamiekennedy
kids shouldn't be allowed to eat in public, until they learn to not throw donuts

• @spencerpratt
these balloon boy parents should have just waited one more month to buy SPEIDI - HOW TO BE FAMOUS BOOK! try to get fame without is dangerous

METRO NEWS SERVICES

Perfume drama? Smells like LiLo

BLAME IT ON CAKE Lindsay Lohan caused a ruckus recently at the launch party for Victoria's Secret's new fragrance line, mistaking a cake in the shape of a perfume bottle for an actual giant perfume bottle, sources tell Page Six.

METRO WORLD NEWS

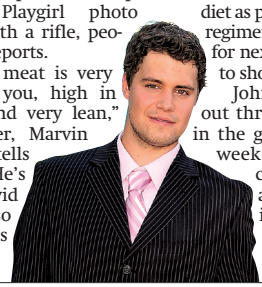
Levi hits gym for Playgirl

MOOSE FOR MUSCLE How does Levi Johnston keep to the high-protein diet he needs to prepare for his upcoming Playgirl photo shoot? With a rifle, people.com reports.

"Moose meat is very good for you, high in protein and very lean," his trainer, Marvin Jones, tells People. "He's an avid hunter, so he has his own."

The 19-year-old father of former Alaska Gov. Sarah Palin's grandchild has adopted a 3,500-calorie low-carb diet as part of a grueling regimen to ready him for next month's photo to shoot.

Johnston works out three hours a day in the gym, six days a week, followed by cardio training and then a rest in the sauna.



METRO NEWS SERVICES

THE MUSIC THAT INSPIRED THE MOVIE
MICHAEL JACKSON'S
THIS IS IT

METRO INVITES YOU!
Be one of the first to see this incredible movie.
enter at:
metronews.ca

THE SOUVENIR EDITION
MUSIC ALBUM OF THE YEAR
Featuring the music that inspired the ***Sony Pictures movie***
INCLUDES
The brand new song ***This Is It***
Unreleased rare tracks
Exclusive rehearsal photos

www.michaeljackson.com

No purchase necessary. Enter daily for more chances to win. Contest open to Legal residents of Nova Scotia, Ontario, Alberta and British Columbia who are over the age of majority in the applicable jurisdiction at the time of entry. Contest closes October 26th, 2009 at 11:00am. Odds of winning depend on number of entries received. Some restrictions apply. For full contest rules and details visit www.metronews.ca.

For tickets and theatre information visit:
www.thisisit-movie.com

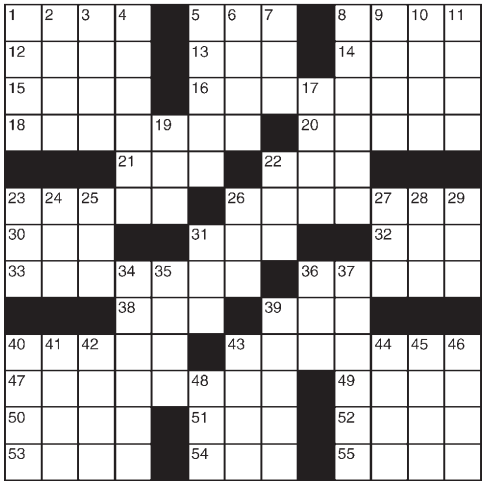
give the HMV gift card
listen·watch·play hmv

Today Mostly cloudy 8 C / 0 C
Wednesday Mostly cloudy 10 C / -1 C
Thursday Partly cloudy 12 C / 0 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS AT 6 A.M.

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6		1				8		4
	9		8		7		3	
4								5
		8	1		3	5		
	5						1	
		3	2		4	7		
3								6
	2		4		6		9	
9		6				3		8

ACROSS

1 Help in wrongdoing
5 Resort
8 Put together
12 Exceptional
13 Greek cross
14 Acknowledge
15 Dogged determination
16 Make clutter-free
18 Grove
20 Mississippi, e.g.
21 Antlered animal
22 Have a bug
23 Yonder
26 Disney World site
30 Symbol of intrigue
31 Shade tree
32 "Alley —"
33 Circled the Earth
36 Criticizes cleverly
38 Solidify
39 Cod piece?
40 Nary a soul
43 Husband of Eurydice
47 Plain
49 Wheelbase terminus
50 Glaswegian, for one
51 Work with
52 Queue
53 Maneuverable, to an old salt
54 In favour of
55 Airport schedule data (Abbr.)

DOWN

1 Jason's ship
2 Roseanne of comedy
3 Leif's father
4 Leash
5 Baby bird?
6 Crony, out West
7 Summertime abbr.
8 Envelope material
9 Tel —
10 Take a nap
11 Basin accessory
17 Seed covering
19 Pub order
22 Branch
23 Pair
24 That girl
25 Recede
26 Antiquated
27 "Smoking or —?"
28 Pooch
29 Chances, for short
31 Slithery swimmer
34 Set afire
35 Adolescent
36 Energy
37 Admit oxygen
39 Deep-fat device
40 Inquisitive
41 Killer whale
42 Smell
43 Approximately
44 Way out
45 Radius' neighbour
46 Witnesses
48 "— Wiedersehen"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	9	7	6	5	2	1	8	3
1	3	2	9	7	8	5	4	6
8	5	6	3	1	4	2	7	9
7	8	5	1	9	6	4	3	2
2	6	4	8	3	5	7	9	1
9	1	3	4	2	7	8	6	5
6	7	1	5	4	9	3	2	8
5	2	9	7	8	3	6	1	4
3	4	8	2	6	1	9	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Southwestern Corn Chowder

INGREDIENTS:

4 boneless skinless chicken breast halves, cut into 3/4-in. (2 cm) cubes
1 medium onion, cut into thin wedges
1 tbsp (15 ml) vegetable oil
2 tsp (10 ml) ground cumin
2 cans (14 oz./398 ml each) chicken broth
1 package (10 oz./300 g) frozen corn
3/4 cup (175 ml) picante sauce
1/2 cup (125 ml) chopped sweet red pepper
1/2 cup (125 ml) chopped green pepper
2 tbsp (25 ml) minced fresh cilantro
2 tbsp (25 ml) cornstarch
2 tbsp (25 ml) water
Shredded Monterey Jack cheese

METHOD:

1. In 3-qt. (3 l) pot, cook chicken and onion in oil until chicken juices run clear. Stir in cumin. Add broth, corn and picante sauce; bring to boil. Reduce heat; cover and simmer 15 minutes. Stir in peppers and cilantro.
2. Combine cornstarch and water until smooth; stir into soup. Bring to boil; cook and stir 2 minutes or until slightly thickened. Spoon into bowls; top with cheese.

SERVES 7

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There may be challenges aplenty in your life but the planets indicate that you need to pick your challenges carefully.

TAURUS ♉
APRIL 21-MAY 21
Try not to make decisions for others today because no matter how well intentioned they may be they won't be appreciated.

GEMINI ♊
MAY 22-JUNE 21
Someone you meet socially will open your mind to new possibilities. One little shove will take you off on a brand new adventure.

CANCER ♋
JUNE 22-JULY 22
You need to balance your desires with a large dose of common sense. The planets warn you could easily be fooled today.

LEO ♌
JULY 23-AUG 23
You should know by now that the best way to help yourself is to help others and what happens next will provide you with opportunities.

VIRGO ♍
AUG 24-SEPT 22
Did something go wrong for a particular reason? Or was it just one of those things that no amount of preparing and planning could prevent?

LIBRA ♎
SEPT 23-OCT 23
The pace of life may not be so hectic physically now but your mind is moving faster than ever.

SCORPIO ♏
OCT 24-NOV 22
Something happened recently that looked like a setback, but now you can see it makes very little difference to your long-term plans.

SAGITTARIUS ♐
NOV 23-DEC 21
Have faith in your own ideas even if they turn people against you: It is inevitable when coming up with new ways of looking at the world.

CAPRICORN ♑
DEC 22-JAN 20
If you want to make a name for yourself now is the time to stop thinking and start doing those things that will get you noticed.

AQUARIUS ♒
JAN 21-FEB 18
Today's Mercury-Jupiter link-up gives you a huge advantage in that it helps you see things way ahead of everyone else.

PISCES ♓
FEB 19-MARCH 20
You are too close to a situation emotionally to be able to take a rational view of how what needs to be done to make it go better.

FLIGHT CENTRE Unbeatable
Mexican Riviera
7-Night Cruise
from $223 + taxes & fees $72
HIGHLIGHTS Los Cabos, Mazatlan and Puerto Vallarta. Sails roundtrip Los Angeles.
1 866 503 1294 | flightcentre.ca
Conditions apply. Ex: Calgary. Cruise prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change.

Book your Christmas Party
Great food, Great price!!
Any size big or small
Call Maria
403.274.4574 Ext. 101
or cell 333-8867
SYMONS VALLEY RANCH

ADVENTURE!
Teach English Overseas
TESOL Certified in 5-Days
In-Class or Online NO DEGREE REQUIRED!
1-888-270-2941
FREE Info Seminar... Call for details!
Job Guaranteed
www.globaltesol.com GLOBAL TESOL COLLEGE

AIR CANADA VACATIONS

Halloween deals starting at $749

Honolulu, Hawaii
Aqua Aloha Surf & Spa • 3★
Continental breakfast
Savvy Saver – Moderate partial city view rm.
Dec. 6 & 13 • 1 wk.
$749
Taxes & other fees (including service charges): $138

Maui, Hawaii
Outrigger Aina Nalu • 3★
Aloha – Garden view rm.
Dec. 12 • 1 wk.
$1069
Taxes & other fees (including service charges): $138

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Nov. 1 & 15 • 1 wk.
$889
Taxes & other fees (including service charges): $218

Santa Clara
Barceló Cayo Santa Maria Beach Resort • 4★
All-Inclusive • Junior suite
Dec. 23 • 1 wk.
$1569
Taxes & other fees (including service charges): $218

Ixtapa / Zihuatanejo
NH Krystal Ixtapa • 3 1/2★
All-Inclusive • Deluxe rm.
Jan. 9 – 30 • 1 wk.
$1149
Taxes & other fees (including service charges): $274

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 23 & 30 • 1 wk.
$1229
Taxes & other fees (including service charges): $272

Cancun / Riviera Maya
Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 31 • 1 wk.
$1289
Taxes & other fees (including service charges): $250

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 31 • 1 wk.
$1319
Taxes & other fees (including service charges): $250

Punta Cana
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Feb. 2 & Mar. 2 • 1 wk.
$1369
Taxes & other fees (including service charges): $304

DEAL to EUROPE

London
Hotel Ibis London Earls Court • 3★
Breakfast
Standard rm. special
Dec. 4 & 8 – 11 • 4 nts.
$827
Taxes & other fees (including service charges): $480

DEAL on CRUISES

Royal Caribbean International[1]
EARN 2,500 BONUS AEROPLAN MILES PER MEMBER[2]
Mariner of the Seas®
Mexican Riviera Cruise
Flights to Los Angeles
Interior stateroom, cat. L
Dec. 6 • 1 wk.
$1049
Taxes & other fees (including service charges): $186

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 21 & 28 • 1 wk.
$1499
Taxes & other fees (including service charges): $266

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 21 & 28 • 1 wk.
PRIVILEGES
$1699
Taxes & other fees (including service charges): $266

CONNECT FREE[3] • Edmonton • Lethbridge • Nanaimo • Regina • Saskatoon • Kelowna • Kamloops

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 8,600 Aeroplan® Miles per member†

JAMAICA
Once you go, you know.

Fly in style – Upgrade to Executive Class® service[4]

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Oct. 20 & 24/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Calgary to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Royal Caribbean International Ltd. ships' registry: The Bahamas. [2]Earn 2,500 bonus Aeroplan Miles if booking is made by Oct. 31/09 for departures between Sept. 1 & Dec. 31/09. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Calgary. Excluding USA & Europe destinations. [4]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.